

## 5 Things to Get You Started

There are many steps to take and tools to use along your healing journey. Here are five crucial things to help you start off intentionally, with the priority on how to get you safe, and keep you feeling that way.

1. **Build a GOOD support team.** Preferably a trauma-informed helping professional - ideally an APSATS trained/certified helping professional. Find a support group for women who are going through the same journey you are... they are indispensable support for you on this long and often isolating journey.
2. **Re-establish safety in your home.** You have every right to determine what is and isn't acceptable (safety-building) in your home. Porn-blocking software on devices, no-cash policies, regular attendance at 12-Step meetings/seeing a therapist – what do YOU need to feel safe in your space? I highly suggest using your support team to help you build in these safety boundaries.
3. **Decide who to tell and who not to tell.** Our first inclination, sometimes, is to let everyone know “just what he did”! But that might come back to haunt you. You want to tell safe people – people who will honor your journey, supporting you as you find your way through this messy situation and discover what is true and right for you.
4. **Practice good self-care.** Give yourself permission to close the door, take a hot shower, and have a good cry. Call your girls and have a girls' night, so they can love on you and remind you that there is love to be experienced in this world. Go for a run, hit that punching bag, go to the yoga studio and center yourself – do what physically will help you release that stress. And, for almost everyone – I would say get in nature. Go for a walk on the beach/in the mountains/by the lake.
5. **“There's not a tiger in the room”.** Practice grounding techniques. Start by alerting your body (that has gone into the fight/flight/freeze trauma response) that you are not in mortal danger. It may feel like it, but you are not about to die. Tell yourself, “There's not a tiger in the room. I'm going to be okay. In this room is... .. and name what you see in the room.” It may sound silly, but there's power in bringing your mind and body back into connection, and into the present time and place that you are in.